



Hope after Floyd

Helping Children After A Disaster

Elementary School (Ages 6-11)

Although people of all ages share many feelings and reactions after a disaster, children need special attention.

Typical reactions for children of all ages include:

- ▲ Fear of future disasters
- ▲ Loss of interest in school
- ▲ Behaviors they might have shown at an earlier age (such as bed-wetting or thumb sucking)
- ▲ Trouble sleeping
- ▲ Fear of natural events associated with the disaster
- ▲ Fear of being left by loved ones

Common responses in this age group include:

- ▲ Irritability
- ▲ Whining/clinging
- ▲ Problems with sleep or appetite
- ▲ Aggressive behavior at home or school
- ▲ Extra competition for parents' attention
- ▲ Night terrors, nightmares, fear of darkness
- ▲ Avoiding school – problems separating from parents
- ▲ Withdrawal from other children their age
- ▲ Loss of interest and poor performance in school
- ▲ Physical problems (such as headaches, bowel or bladder problems)

Some ways adults may help:

- ▲ Be patient with overly demanding behavior
- ▲ Help children talk about their feelings about the disaster
- ▲ Ease up on school and home expectations (for a while)
- ▲ Give extra individual attention
- ▲ Talk about the disaster and plan what to do in future disasters

Consider professional mental health services for children whose responses to the disaster are getting in the way of regular home and school life.

For more information, call HOPE After Floyd _____ . We can help.



Funded by FEMA through the Division of MH/DD/SAS
State of North Carolina • Department of Health and Human Services

1,000 copies of this public document were printed at a cost of \$12.00 or \$.012 per copy. 08/00

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